

Roughin' It Lite



**Healthy camping recipes
brought to you by the
South Dakota
Departments of Health
and
Game, Fish, and Parks
to help you enjoy the great
South Dakota outdoors
and live healthy.**

Food Safety Tips for Eating Outdoors

- Wash hands thoroughly and frequently. Use an antibacterial gel when soap and water are limited.
- Keep cold foods cold. Have adequate ice and replenish often. Use perishable foods first.
- Use a food thermometer to make sure meats are cooked to a safe eating temperature. Chill leftovers immediately.
- Keep food preparation equipment and area clean and sanitized.
- Dispose of waste promptly.

Brought to you by the South Dakota All Women Count! Program and the South Dakota Nutrition and Physical Activity Program.

For more information on healthy living, see www.healthysd.gov.

For more information about activities in South Dakota's state parks, see www.sdgfp.info/parks .

Mustard Grilled Walleye

Foil Entrée, Serves 4

1/2 tsp. dry mustard
1 1/2 tsp dried parsley flakes
1/8 tsp. garlic powder salt
2 tsp. lemon juice
1 pound walleye filets



Mix lemon juice, mustard, parsley flakes and garlic powder. Spray cooking spray in the center of a large, heavy-duty sheet of aluminum foil. Arrange walleye on the center of sprayed foil. Brush walleye with lemon juice mixture until well covered. Wrap foil around the walleye to form an airtight, covered bag. Grill for 20-30 minutes depending on the thickness of the filets, turning once. Walleye should be flaky when done.

Nutrition Notes: 100 calories, 1g total fat, 0g saturated fat, 80mg cholesterol, 115mg sodium, 0g carbohydrate, 20g protein, 2%DV Vitamin A, 4%DV Vitamin C, 0%DV calcium, 2%DV iron.

Recipe submitted by Doneen Hollingsworth, Secretary of Department of Health.

Hobo Dinners

Foil Meal, Serves 4

1 pound hamburger
4 cups assorted raw vegetables (potato, carrot,
onion, squash, jicama, mushrooms, and/or turnips)
Non-stick cooking spray



Make 4 hamburger patties. Cut a variety of vegetables you like into thin slices. Cut 4 pieces of heavy-duty foil about 18 inches long and put on a table. Spray each piece of foil with non-stick spray. Place the meat on the foil and then the vegetables. Dribble a couple tablespoons of water over the top of the food. Fold aluminum foil using a drugstore wrap (see Camping Hint on the next page). At this point the food should be all sealed in foil.

Put the packet on coals in the fire pit, not in flames. Cook on coals for about 20 minutes, turning every couple minutes. Be careful not to puncture the packet when turning so the liquid does not run out. Use a meat thermometer to make certain hamburger is cooked thoroughly. Cook until 170 degrees. For variety Hobo dinners can also be made with 1 pound of ring sausage, chicken, or fish divided into 4 portions.

Nutrition Notes: 250 calories, 10g total fat, 4g saturated fat, 40mg cholesterol, 100mg sodium, 14g carbohydrate, 25g protein, 110%DV Vitamin A, 215%DV Vitamin C, 4%DV calcium, 17%DV iron.

Recipe submitted by Rollie Noem, formerly Director of Custer State Park, Department of Game, Fish, & Parks.

Stuffed Onion

Foil Meal, Serves 2

1 large onion
Hamburger
Cooked rice



Take a rather large onion and cut off the top one fourth of it and set it aside to be the lid. Carve out the center of the onion, leaving enough along the side so the onion maintains its shape. Place hamburger, or a mixture of hamburger with cooked rice, into the cavity of the onion. Put the lid back on the onion, wrap in foil, and place on coals and cook until the hamburger is completely done. Unwrap and eat.

Camping Hint:

The drugstore wrap is often recommended for cooking your food in aluminum foil. To do this wrap:

- Cut foil twice the distance around the food to be wrapped.
- Arrange food in the center of foil.
- Bring opposite sides of foil together and fold down in small ½-inch folds until package can no longer be folded.
- Flatten the 2 sides of the package, and then roll the open edges toward the center in small folds. Edges of the package must be tightly sealed.
- For added strength the package can be wrapped again in another piece of foil.

Nutrition Notes: 280 calories, 6g total fat, 2g saturated fat, 20mg cholesterol, 45mg sodium, 41g carbohydrate, 16g protein, 0%DV Vitamin A, 15%DV Vitamin C, 4%DV calcium, 15%DV iron.

Recipe submitted by Paul Beckwith, Senior Park Planner, Department of Game, Fish, & Parks.

Barbecued Partridge Bundles

Foil Entrée, Serves 8

4 partridge (or Cornish game hens)
2 onions, diced $\frac{1}{4}$ "
1 $\frac{1}{2}$ cups low sodium barbecue sauce
1 teaspoon black pepper
8 bacon slices
1 head lettuce

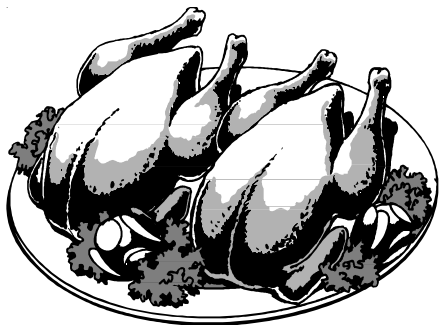
Clean birds and soak in salted water for 1 hour. Drain and rinse.

Dice onions and combine with $\frac{1}{2}$ cup barbecue sauce and pepper. Place equal amounts in cavity of each bird. Wrap 2 slices of bacon around each bird. Remove 4 large lettuce leaves and fold around birds to make a blanket. In center of double-thick foil sheet, place a partridge. Cover each with $\frac{1}{4}$ cup barbecue sauce and fold foil around the birds, crimping tightly on top. Cook on a grill or over a camp fire until done (approximately 1 hour 15 minutes).

Remove and let stand for 10 minutes. Serve.

Nutrition Notes: 430 calories, 15g total fat, 5g saturated fat, 160mg cholesterol, 300mg sodium, 10g carbohydrate, 47g protein, 8%DV Vitamin A, 10%DV Vitamin C, 2%DV calcium, 30%DV iron.

Recipe submitted by Laurie Gill, Director Health & Medical Services, Department of Health.



Camping Hint:

Use heavy-duty aluminum foil or two layers of regular foil to protect your food while cooking.

Sweet and Sour Pork

Foil Meal, Serves 2

- 1 cup cubed pork cutlet
- 1 cup cooked rice
- 1/4 cup of chopped onion
- 1/4 cup of thin sliced carrots
- 1/4 cup of green pepper (optional)
- 1 small can of tidbit pineapple (drain all but 3 tablespoons of juice)

Sauce

- 2 tablespoons of apricot jam
- 1 tablespoons of low-sodium soy sauce

Place the above ingredients into heavy foil or double thick regular foil then drizzle the sauce over the ingredients. If possible, cook rice at home and then place it in foil with 3-4 tablespoons of water to steam the rice so it is warm and then mix it with the sweet and sour pork. Heat over the coals for 5-7 minutes or until hot.

Nutrition Notes with rice: 470 calories, 12g total fat, 4.5g saturated fat, 100mg cholesterol, 360mg sodium, 55g carbohydrate, 35g protein, 90%DV Vitamin A, 60%DV Vitamin C, 6%DV calcium, 15%DV iron.

Recipe submitted by Linda Ahrendt, Coordinator Nutrition and Physical Activity Program, Dept of Health.



Camping Hint:

Frisbee can be used as a holder to strengthen paper plates and when finished eating, you will be ready for some fun physical activity.

Savory Vegetables

Foil Side Dish, Serves 6

- 1 pound bag baby carrots
- 4 medium potatoes
- 1 packet Lipton Onion Soup Mix
- 2 tablespoons margarine



Wash potatoes and slice into 1/8 inch slices. Coat foil with margarine and place vegetables on top. Place a few spoonfuls of margarine on top of veggies. Sprinkle packet of Lipton Onion Soup mix on top. Fold tinfoil up into a packet and place on grill. Cook for 1/2 hour or until veggies are tender.

Nutrition Notes: 110 calories, 2g total fat, 1g saturated fat, 0mg cholesterol, 180mg sodium, 20g carbohydrate, 2g protein, 230%DV Vitamin A, 30%DV Vitamin C, 3%DV calcium, 8%DV iron.

Recipe submitted by Brooke Lusk, formerly Breast & Cervical Cancer Program, Department of Health.

Camping Hint:

For a complete “stick meal” serve with a sweet potato cooked on a stick, hot rolls cooked on a stick and an apple baked on a stick and then sprinkled with cinnamon.

Meatloaf on a Stick

Stick Entrée, Serves 1

Mix meatloaf the way you like it. (Some people mix hamburger, some chopped onion, a few crushed crackers, tablespoon of mustard, ¼ cup catsup, an egg, salt and pepper.)

Once mixed, take a stick with about ¾ to an inch in diameter (dowels from the lumber yard work well) and pat the meat mixture around the top 8 inches of the stick. Wrap the meat with foil around the stick and pinch the foil shut at the top of the stick and around the stick at the bottom of the meat so the meat is sealed around the stick.

Hold the stick over the campfire (coals work best), so the meat is near the heat. Turn often like you would a hot dog. When meatloaf is cooked, open the foil and carefully put the hot meat onto a plate for serving. Check with a meat thermometer to make certain the hamburger is cooked thoroughly. Cook to 170 degrees.

Nutrition Notes: 190 calories, 11g total fat, 4.5g saturated fat, 90mg cholesterol, 150mg sodium, 4g carbohydrate, 16g protein, 2%DV Vitamin A, 2%DV Vitamin C, 4%DV calcium, 10%DV iron.

Recipe submitted by Linda Sandness, Coordinator of Visitor Services, Department of Game, Fish, & Parks.



Campfire Shish-ka-bobs

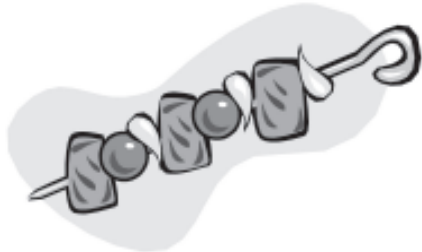
Stick Meal, Serves 4

1 pound chicken breast, cubed
4 cups fruits and vegetables (green peppers,
onions, pineapple, apples, etc.), cubed.

May use shrimp or beef (cubed) instead of chicken. Alternate items on a wooden skewer, wrap in foil and cook over a medium open fire for about 15 minutes, turn and cook another 15 minutes until done.

Nutrition Notes using chicken breast: 220 calories, 1.5g total fat, .5g saturated fat, 65mg cholesterol, 65mg sodium, 25g carbohydrate, 28g protein, 4%DV Vitamin A, 75%DV Vitamin C, 4%DV calcium, 8%DV iron.

Recipe submitted by Bob Schneider, Planning and Development Manager, Department of Game, Fish & Parks.



Pie Iron Pizza

Pie Iron, Serves 1

2 slices whole wheat bread

Margarine

2 Tablespoons pizza sauce

Shredded mozzarella cheese

Precooked meat, such as lean hamburger or ham



Spread margarine on bread. Put one slice, buttered side down, on one part of the pie iron. Put pizza sauce, meat, and cheese in the middle of the slice of bread. Place the other side of bread, buttered side up, on top of the filling. Put the top half of the pie iron on the bread and hook the pie iron shut. Pick off bread that is outside the pie iron and eat it or dispose of appropriately. Place pie iron over coals or flames, checking every couple minutes. Remove from heat when bread is the desired color of toasted brown. The pie will be hot so open the pie iron carefully and drop the pizza pie onto a plate.

Nutrition Notes: 270 calories, 14g total fat, 4g saturated fat, 20mg cholesterol, 580mg sodium, 23g carbohydrate, 14g protein, 10%DV Vitamin A, 6%DV Vitamin C, 15%DV calcium, 10%DV iron.

Recipe submitted by Linda Ahrendt, Nutrition & Physical Activity Coordinator, Department of Health.

Hot Snake Rolls

Stick cooking, Serves 1

Biscuit mix or a can of biscuits

Butter

Cinnamon

Sugar



Either stir up biscuit mix or take a can of biscuits from the refrigerated section of the grocery store. Make or take one biscuit.

Roll the dough to form a snake. Wrap the “snake” around the top few inches of a stick. Hold the stick so the dough is over coals and cook until the bread is done. Roll the hot bread in melted butter and then in a mixture of cinnamon and sugar. Eat while still warm.

Nutrition Notes: 210 calories, 5g total fat, 1g saturated fat, 0mg cholesterol, 600mg sodium, 35g carbohydrate, 5g protein, 4%DV Vitamin A, 0%DV Vitamin C, 0%DV calcium, 10%DV iron.

Recipe submitted by Greg Otkin, Draftsman, Department of Game, Fish, & Parks.

Camp Soup

Dutch oven meal, Serves 12

1 pound lean ground beef
½ medium head cabbage, chopped
3 carrots, peeled, sliced
2 cups frozen whole kernel corn
2 cups green beans
1 (46 fluid ounce) can low sodium tomato juice
½ teaspoon garlic powder
1 teaspoon onion powder
salt and pepper to taste



Brown ground beef in Dutch oven. Drain well. Pat beef and wipe grease out of the pot with clean paper towel. Put all the ingredients into pot. Cook until cabbage is tender.

Nutrition Notes: 140 calories, 4g total fat, 1.5g saturated fat, 15mg cholesterol, 300mg sodium, 15g carbohydrate, 10g protein, 110%DV Vitamin A, 80%DV Vitamin C, 6%DV calcium, 10%DV iron.

Recipe submitted by Linda Michelson, Community Health Dietitian, Department of Health.

Camping Hint:

If you plan to put your pot over an open flame, coat the outside of the pan with liquid dish soap before cooking to make it easier to wash off the black residue later.

Green Chili Stew

Dutch Oven Entree, Serves 12

2 pounds cubed lean pork
3 cans diced tomatoes
1 can low-sodium beef broth
2 teaspoons garlic powder
2 pounds potatoes
 $\frac{3}{4}$ cup chopped onions
3 cans green chilis
1 can low-sodium chicken broth
3 tablespoons cumin



Brown pork with onions. Add tomatoes, green chilis, beef broth, chicken broth, garlic, cumin, and diced potatoes. Cook until potatoes are tender (this does take a while). Serve with soft tortilla.

Nutrition Notes: 330 calories, 14g total fat, 5g saturated fat, 65mg cholesterol, 310mg sodium, 21g carbohydrate, 29g protein, 15%DV Vitamin A, 70%DV Vitamin C, 8%DV calcium, 15%DV iron.

Recipe submitted by Sheila Dahler, Camper at Snake Creek Recreational Area.

Chicken Apple Stew

Dutch Oven Entree, Serves 6

1 chicken, cut into parts
1 teaspoon dry mustard powder
6 whole cloves
3 carrots, peeled and sliced
1 $\frac{3}{4}$ cups low-sodium chicken broth, heated
1 cup applesauce
6 Granny Smith apples, peeled and sliced



$\frac{1}{4}$ cup apple cider vinegar
1 teaspoon nutmeg
 $\frac{1}{4}$ teaspoon salt
1 cup shredded cabbage
 $\frac{1}{4}$ teaspoon pepper

Coat large Dutch oven with oil and heat over medium high temperature. Add chicken parts, turn to brown all sides, about 10 minutes. Season with nutmeg, salt, pepper, and dry mustard powder. Hear broth and add it warm to the Dutch oven along with vinegar, cloves, and carrots. Bring all to a boil. Cover, reduce heat to low and simmer. After 15 minutes add the peeled apple and cook about 10 minutes more. Cook chicken until 180 degrees internal temperature. Remove chicken and vegetables to a serving bowl and keep warm until ready to serve. Lastly, stir applesauce into Dutch oven stew, boil for 5 minutes. Pour liquid over chicken and vegetables and serve immediately accompanied by rice, if desired.

Nutrition Notes: 280 calories, 12g total fat, 3.5g saturated fat, 90mg cholesterol, 170mg sodium, 20g carbohydrate, 25g protein, 140%DV Vitamin A, 30%DV Vitamin C, 4%DV calcium, 10%DV iron.

Recipe submitted by Camper, Snake Creek Recreational Area.

New England Baked Beans

Dutch Oven Entree, Serves 8

3 cups dried beans
1 medium onion, chopped
3/4 cup brown sugar
2 teaspoons dry mustard
5 cups water
2 teaspoons salt
2 Tablespoons molasses
1/2 pound ham, cut into cubes



Soak the beans overnight, then simmer until the skins begin to break. Place the beans in a Dutch Oven and add rest of the ingredients. Cover with water. Cover the plan and bake in pit or in coals.

Nutrition Notes: 390 calories, 5g total fat, 1.5g saturated fat, 15mg cholesterol, 990mg sodium, 65g carbohydrate, 24g protein, 0%DV Vitamin A, 4%DV Vitamin C, 15%DV calcium, 35%DV iron.

*Recipe submitted by Anne Nye,
Seasonal employee, Snake
Creek Recreational Area.*

Camping Hint:

Cut-up fresh fruit such as pears, strawberries, cantaloupe, watermelon, and apples, and have them available to snack on throughout the day.

Pilaf with Meat, Bedouin-Style

Dutch oven meal, Serves 8

46 ounce can low-sodium chicken broth
2 pounds beef stew meat (or ground lamb)
2 tablespoons salad oil
1 chopped onion
1 clove garlic, smashed
¼ teaspoon allspice
1 whole cinnamon stick
1 tablespoons lemon juice
1 cup quick cooking rice (or cracked wheat bulgur)

Over low heat, heat a large opened can of chicken broth. In a Dutch oven brown completely the meat in the oil. Add the onion and garlic and cook until limp. Stir in 2 cups of broth, the allspice, cinnamon stick and lemon juice; cover and simmer until tender (about 20-30 minutes). Add the rice, cover and simmer until tender adding more broth if needed.

Nutrition Notes: 350 calories, 19g total fat, 7g saturated fat, 70mg cholesterol, 125mg sodium, 20g carbohydrate, 23g protein, 0%DV Vitamin A, 2%DV Vitamin C, 2%DV calcium, 15%DV iron.

Recipe submitted by Norma Schmidt, All Women Count Coordinator, Department of Health.



Camping Hint:

If cooking over charcoal and the Dutch oven doesn't have legs, use balls of tightly crumpled foil on the bottom.

Breakfast Stir-Fry

Skillet Meal, Serves 4

- 1 pound top sirloin steak
- 6 ounces thick & chewy salsa
- 2 large Idaho potatoes
- 1 large yellow onion
- 1 – 2 ounce can mushroom parts, drained
- 1 – 16 ounce can French-cut green beans, drained
- 1 large green bell pepper
- 2 Tablespoons vegetable oil

Pre-slice sirloin steak into 1/8 inch thick pieces prior to campout (it is easier to cut when still partially frozen). Brown steak in 13" cast-iron skillet, then cover and set aside until other ingredients are prepared.

Clean, then slice potatoes and fry until tender in oil. Once potatoes are tender, add diced onion, sliced green peppers, mushrooms, green beans, salsa, and steak. Heat until hot through. Great served with biscuits.

Nutrition Notes: 390 calories, 14g total fat, 4g saturated fat, 75mg cholesterol, 780mg sodium, 34g carbohydrate, 32g protein, 15%DV Vitamin A, 90%DV Vitamin C, 6%DV calcium, 60%DV iron.

Recipe submitted by Lindsey Sailer, Nutrition Educator, Department of Health.



Camping Hint:

If you don't have a scouring pad, use sand to help clean your pots. Do not use on a Dutch oven.

Not So Healthy But Delicious Goose Hors d'oeuvre

Appetizer, Serving 4 strips

Breast out both sides of a goose. Cut into strips about ½" X 2". Soak strips in 1% milk for two hours covered in the refrigerator or cooler.



Put 1 ½ " cooking oil in a Dutch oven or cast iron fry pan and heat to 350 degrees. Take goose strips out of milk and roll in "Fry Magic" or a shoreline fish mix. If you like spicy food, add Cajun spice to the mix.

Put one tablespoon apple, current, or grape jelly into the hot oil. This will smoke so it is best to make this recipe outdoors. The jelly will caramelize around the meat. Put 8-10 strips into the oil and cook until golden brown. Do not overcook. Remove and put strips on paper towel to dry. Put in a tablespoon of jelly into the oil each time you add 8-10 pieces of meat.

Dip the cooked strips into a mixture of half Gray Poupon mustard and half honey.

Nutrition Notes: 270 calories, 17g total fat, 2g saturated fat, 85mg cholesterol, 150mg sodium, 16g carbohydrate, 15g protein, 2%DV Vitamin A, 0%DV Vitamin C, 6%DV calcium, 4%DV iron.

Recipe submitted by John Cooper, Secretary of the Department of Game, Fish and Parks.

Blackened Meat

Skillet Entrée, Serves 4

- 1 pound steak
(also works great with duck)
- 2 Tablespoons low-calorie margarine
- 1 Tablespoon Blackening Seasoning



Heat skillet until hot. Mix the ingredients together in the lid of the skillet. Flip lid unto skillet so mixture goes into the skillet. Place skillet on hot fire and cook for 2 ½ minutes. This is VERY hot. Take off heat and cool a few minutes before eating.

Nutrition Notes: 210 calories, 11g total fat, 3.5g saturated fat, 75mg cholesterol, 270mg sodium, 0g carbohydrate, 26g protein, 6%DV Vitamin A, 0%DV Vitamin C, 2%DV calcium, 15%DV iron.

Recipe submitted by Lynn Spomer, Program Specialist, Division of Parks and Recreation.

Baked Yams

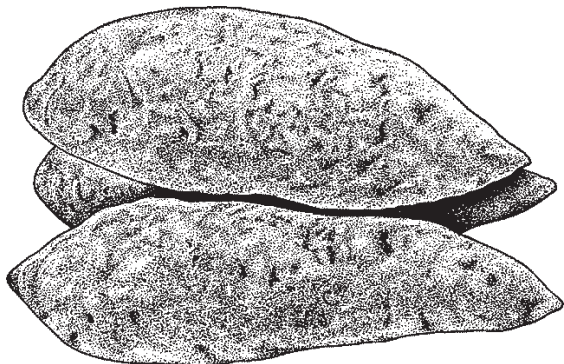
Dutch oven side dish, Serves 8

4 medium yams or sweet potatoes,
pierced

$\frac{1}{4}$ cup margarine

$\frac{1}{2}$ cup brown sugar

Cinnamon



Heat 12-inch Dutch oven over about 9 coals. Arrange 4 jar rings evenly spaced on the bottom. Place each whole, pierced yam on top of the canning jar rings. Cover with Dutch oven lid and place about 15 hot coals on top. Cook covered for 30 minutes, turning yams over once. Cut yams in half lengthwise, fluff the center with a fork and add margarine, brown sugar and cinnamon. Cook, covered, 10 to 15 minutes more, if needed.

Nutrition Notes: 140 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 85mg sodium, 23g carbohydrate, 1g protein, 250%DV Vitamin A, 25%DV Vitamin C, 2%DV calcium, 2%DV iron.

Recipe submitted by Larissa Skjonsberg, Cardiovascular Health Coordinator, Department of Health.

Walking Salad

Snack, Serves 1

- 1 apple, cored
- 2 tablespoons chunky peanut butter
- 2 tablespoons raisins
- 1 tablespoon lemon juice



Mix peanut butter and raisins together. Slice off top of cored apple and brush lemon juice on the cut areas. Spoon mixture into the center and place top on the filled apple.

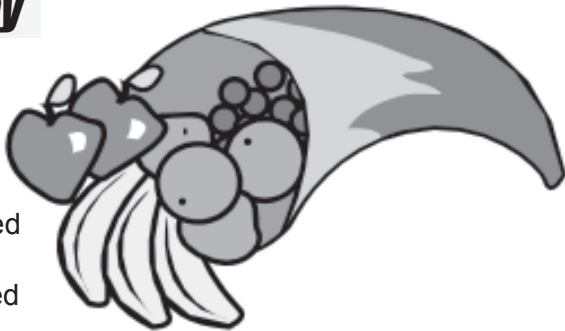
Nutrition Notes: 330 calories, 16g total fat, 3g saturated fat, 0mg cholesterol, 160mg sodium, 40g carbohydrate, 8g protein, 2%DV Vitamin A, 20%DV Vitamin C, 2%DV calcium, 8%DV iron.

Recipe submitted by Kristin Biskeborn, State Nutritionist, Department of Health.

Five Fruit Salad for 5 A Day

Salad, Serves 4

- ½ cup orange juice
- 1 cup seedless grapes
- 1 orange, peeled, sliced and quartered
- 1 banana, peeled and sliced
- 1 peach or nectarine, pitted and cubed



Pour juice over fruits and chill until ready to eat.

For a creamier salad, substitute a small container of low fat yogurt for orange juice for the dressing.

Nutrition Notes: 90 calories, 0.5g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 23g carbohydrate, 1g protein, 6%DV Vitamin A, 70%DV Vitamin C, 2%DV calcium, 2%DV iron.

Recipe submitted by Colleen Winter, Administrator Office of Health Promotion, Department of Health.

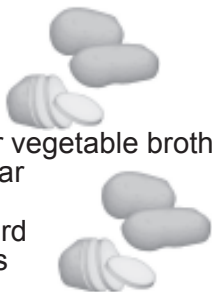
Garden Potato Salad

Salad, Serves 8

7 red potatoes, medium sized,
baked and cooled a bit
2 carrots, grated
1 green bell pepper, chopped
1 red onion, sliced thin

Dressing:

3 tablespoons olive oil
5 tablespoons, chicken (or vegetable broth)
2 tablespoons, wine vinegar
1 tablespoon lemon juice
1 ½ teaspoon Dijon mustard
1 teaspoon tarragon flakes



Cut potatoes into bite sized chunks. Mix dressing ingredients together and toss in a large bowl with the potato pieces, carrots, bell pepper, and onion. Serve chilled.

This salad can either be made at home and brought to the campsite chilled or mix the dressing at home and prepare other items on site.

Nutrition Notes: 170 calories, 5g total fat, 1g saturated fat, 0mg cholesterol, 40mg sodium, 28g carbohydrate, 3g protein, 90%DV Vitamin A, 50%DV Vitamin C, 2%DV calcium, 4%DV iron.

*Recipe submitted by Patty Lihs,
All Women Count! Program,
Department of Health.*

Camping Hint:

If you dip marshmallows into water before placing over heat, they are more likely to brown than burn.

Grilled Nectarines

Foil Dessert, Serves 1

Nectarines
Marshmallows
Cinnamon
Sugar



Cut nectarines in half, take the pit out and put a marshmallow in the depression. Sprinkle with cinnamon and sugar. Wrap up in foil and grill over campfire.

Nutrition Notes: 100 calories, .5g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 23g carbohydrate, 1g protein, 20%DV Vitamin A, 15%DV Vitamin C, 2%DV calcium, 2%DV iron.

*Recipe submitted by Kathy Kovall,
Community Health Dietitian,
Department of Health.*

Camping Hint:

Use squirt-type water bottles while cooking. If they accidentally tip over, only a small amount of water will be lost.

Baked Apple

Foil Dessert, Serves 1

Apple
Cinnamon
Sugar
Marshmallows



Core an apple. Pour water over the apple and roll it in cinnamon and sugar. Place marshmallows where the core was and wrap the apple in foil. Place the apple in coals (not flame) and cook until the apple is soft. Open foil and eat.

Nutrition Notes: 160 calories, 5g total fat, 01g saturated fat, 0mg cholesterol, 0mg sodium, 43g carbohydrate, 1g protein, 2%DV Vitamin A, 20%DV Vitamin C, 2%DV calcium, 4%DV iron.

*Recipe submitted by Dan Shaffer, Cultural Resources
Law Enforcement Officer, Department of Game, Fish,
& Parks.*

Camping Hint:

Block ice keeps food cold longer than ice cubes.
You can make your own blocks by freezing water in
coffee cans or milk containers.

Banana Boats

Foil Dessert, Serves 1

- 1 medium banana
- 1 Tablespoon miniature marshmallows
- 1 Tablespoon chocolate chips
- 1 Tablespoon granola



Take a banana and slowly tear back one section of the peeling but do not tear it off. Cut out a wedge of banana the length of the banana where the peeling has been laid back. Eat the banana wedge. In the groove that is left in the banana put marshmallows, chocolate chips and granola. (Other options are peanuts, coconut, or sesame seeds. Bring the peeling back over the banana, covering the groove where you just put the different foods. Wrap the banana in foil, place on coals (no flames), and cook about 10 minutes or until inside is hot and soft. Turn often.

Nutrition Notes: 220 calories, 6g total fat, 2.5g saturated fat, 0mg cholesterol, 15mg sodium, 45g carbohydrate, 2g protein, 0%DV Vitamin A, 15%DV Vitamin C, 0%DV calcium, 6%DV iron.

*Recipe submitted by Al Nedved,
Concession and Lease Operations
Manager, Department Game, Fish,
& Parks .*

Camping Hint:

Measure out small ingredients for a specific dish such as seasonings or the marshmallows, chocolate chips and granola from this recipe and place in small zip-lock plastic bags. This reduces the number of containers you need to take and makes clean-up faster.

Peach Cobbler

Dutch oven Dessert, Serves 12

1 yellow or white cake mix, mixed
according to package directions
1 - 16 ounce can water-packed
peaches, drained
Cinnamon



Line bottom of 12-inch Dutch oven with foil. Mix cake mix and pour into the Dutch oven. Spread drained peaches over top of batter. Sprinkle with cinnamon. Cover. Bake with a few coals under the oven and several on top. Bake about 30 minutes. Check for doneness by a toothpick inserted in the center comes out clean. When baked, tip the cake in the foil upside down on a plate, peel off the foil, and eat while warm.

Nutrition Notes: 270 calories, 12g total fat, 2g saturated fat, 40mg cholesterol, 300mg sodium, 37g carbohydrate, 3g protein, 6%DV Vitamin A, 2%DV Vitamin C, 6%DV calcium, 6%DV iron.

Recipe submitted by Doug Hofer, Director Division of Parks and Recreation, Department of Game, Fish, & Parks.

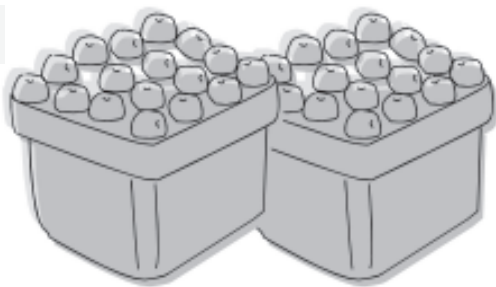
Blueberry Pie Iron Turnover

Pie Iron, Serves 2

2 slices whole wheat bread

Margarine

3 Tablespoons canned blueberry pie filling



Spread margarine on bread. Put one slice, buttered side down, on one part of the pie iron. Put pie filling in the middle of the slice of bread. Place the other side of bread, buttered side up, on top of the filling. Put the top half of the pie iron on the bread and hook the pie iron shut. Pick off bread that is outside the pie iron and eat it or dispose of appropriately. Place pie iron over coals or flames, checking every couple minutes. Remove from heat when bread is the desired color of toasted brown. The pie will be hot so open the pie iron carefully and drop the turnover onto a plate.

Nutrition Notes: 110 calories, 4.5g total fat, 1g saturated fat, 0mg cholesterol, 120mg sodium, 16g carbohydrate, 2g protein, 4%DV Vitamin A, 0%DV Vitamin C, 2%DV calcium, 4%DV iron.

Recipe submitted by Linda Sandness, Coordinator Visitor Services, Department of Game, Fish, & Parks.

Cereal Trail Mix

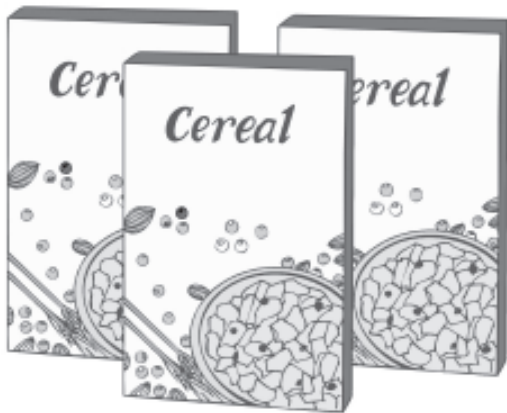
Snack, Serves 12

- 2 cups of 2 cereals
(Life, Chex, Cheerios, etc.)
- 1 cup pretzels
- ½ cup dry roasted peanuts
- ½ cup raisins

Mix ingredients together in a large plastic bag that can be sealed and is airtight for storing.

Nutrition Notes: 70 calories, 3g total fat, 0g saturated fat, 0mg cholesterol, 50mg sodium, 10g carbohydrate, 2g protein, 2%DV Vitamin A, 4%DV Vitamin C, 2%DV calcium, 10%DV iron.

Recipe submitted by Mary Jane Richardson, WIC Nutrition Coordinator, Department of Health.



Julie's Healthy Cookies

Snack, Serves 18

½ cup margarine
¾ cup sugar
¼ cup applesauce
1 egg
1/8 cup molasses
2 mashed bananas

1 cup quick oatmeal
1 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon cinnamon
8 ounces chopped dates



Mix all ingredients together. If sticky, add more flour, nuts or cold cereal. Drop by small tablespoons onto baking sheet sprayed with non-stick cooking spray. Bake 350 degrees for 8 minutes. Makes 3 dozen cookies.

Nutrition Notes: 180 calories, 6g total fat, 1g saturated fat, 15mg cholesterol, 140mg sodium, 30g carbohydrate, 2g protein, 6%DV Vitamin A, 4%DV Vitamin C, 2%DV calcium, 6%DV iron.

Recipe submitted by Julie Ellingson, Dental Coordinator, Department of Health.

Make Your Recipes Healthier with Ingredient Substitutions

When camping we often substitute ingredients because we are missing something but you can also make a big difference in the healthiness of a recipe by making simple changes that don't affect the taste or texture. Try these suggestions:

To reduce the amount of fat and cholesterol:

If recipe calls for:	Try substituting:
Bacon	Canadian bacon, turkey bacon
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called for butter, shortening, or oil
Butter, oil to prevent sticking	Cooking spray
Eggs	2 egg whites or ¼ cup egg substitute for each whole egg
Full-fat sour cream	Fat-free plain yogurt, or fat-free or low-fat sour cream
Oil-based marinades	Wine, balsamic vinegar, fruit juice fat-free broth
Whole milk	Reduced-fat or fat-free milk

To reduce the amount of sodium:

If recipe calls for:	Try substituting:
Table Salt	Herbs, spices, fruit juices or salt-free seasoning mix
Soy Sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Seasoning salt, such as garlic salt, celery salt, onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped garlic, celery, or onions
Soups, sauces, crackers, canned meat or vegetables	Low-sodium or reduced sodium versions

To reduce the amount of sugar:

If recipe calls for:	Try substituting:
Regular Sugar	Reduce the amount by one-third to one half. Add spices such as cinnamon or flavorings such as vanilla extract to enhance the sweetness of the food.
Fruit Canned in heavy syrup	Fruit canned in its own juice or in water, or fresh fruit
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup



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